

THE REGGIE LEWIS TRACK
& ATHLETIC CENTER AT
ROXBURY
COMMUNITY
COLLEGE



9th Annual Senior Citizen

Thanksgiving Luncheon

November 18, 2005

11:30 am - 3:00 pm

Sensational Seniors

Over 100 seniors ranging in ages from 65-93 participate in our fitness programs. Fitness programs such as walking, weight lifting, aerobics, and formal exercise classes are components of this program. As a group, the Sensational Seniors coordinate field trips to historic sites around Massachusetts, community events, and volunteer their services at the Reggie Lewis Center and community events hosted by the Center.

They are one of the most consistent exercise groups at the Center. They have been featured in the Boston Globe, Channel 7 and other local papers. They are truly sensational. For more information, contact Fitness Coordinator Cheryl McDermott at (617) 541-3535 ext. 460.



Program

- Registration

- Welcome

Nancy Sheehan, Scheduling & Events Manager, RLTAC

Keith McDermott, Director, RLTAC

Dr. Brenda Mercomes, V.P. of Academic Affairs, RCC

- Invocation

James Hardaway, RLTAC Sensational Senior

- Lunch is Served

- Entertainment

RLTAC Dance Performance by Fred Hayes

Paige Academy Dancers & Drums

Music by C.C. Sounds and Dancing

Special Thanks To:

Gina Bennet, Nubian Notions

D.J. Charles, C.C. Sounds

D.J. & M.C. Services

Randy Davis, Freedom Café